



Activity Monitoring Form

ORIENTEERING

	Oui	Non	Comments
Instructor arrived on time			
Group met, medical information checked, correct clothing and footwear checked			
A clear explanation given to all participants with regard to the activity			
The instructor explain the use of maps, how to orientate and completed some simple orientation exercises			
The instructor set out and explained a simple cone course, handed out course maps and started exercise			
Instructor clearly explained the star course using marked controls on course 1 and what to do			
Instructor clearly explained the orienteering course 2 and what to do			
Instructor explained the use of map, legend, identifying features and key.			
Instructor highlighted out of bounds areas and potential hazards.			
Instructor explained what to do if a member of a group is injured and unable to walk back to the control			
Participants were split into minimum group sizes of 3.			
Session pitched appropriate to age, ability, aims			
Session progression orderly, fluent and well paced			
All members of group actively encouraged to participate			
Session is fun, enjoyable and lively			
Instructor always in control of the session / group			
The instructor was friendly and enthusiastic			
The instructor encouraged and praised the individuals / group			



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After the Activity:

Instructor ensured that all groups are accounted for and checked all equipment			
A worthwhile review including workbooks took place			
All equipment returned and stored in the correct place			
The activity was enjoyed by the group			
The activity finished on time			

The Instructor:

Did the instructor demonstrate adequate knowledge of the activity?			
Did the instructor have full control of the group / activity at all times?			
If there were any accidents, incidents or near misses, did the instructor deal with these well?			
Was the instructors approach and attitude to the group and teacher(s) as required / expected?			
Does the instructor require further training?			

Comments and Action Points:

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